

## VIDEOPLAY

### CHOOSE THE BEST OPTION

1. He says he felt like he was stuck, so he decided to \_\_\_\_\_.

go to McDonalds - eat at McDonalds for thirty days- try something new for thirty days

2. He says it's a simple idea. Just think about something you've always wanted \_\_\_ and try it for thirty days.

to add to your life - in your life. - to watch someone do

3. He learned a couple things, one time became more memorable, and two,\_\_\_\_\_.

he took a picture everyday for a month - he bought a bike to go to work. - his self-confidence grew

4. He figured out that if he really wanted something badly enough \_\_\_\_\_.

he could do it for thirty days - you can write a novel. - he could write a book

5. He wrote a book in a month. He says \_\_\_\_\_.

the book is awful - his book is awesome - it was an awful experience

6. He learned that when he tried something for thirty days, he could keep doing it if \_\_\_\_\_.

it was something small - he stuck to big challenges - it was a big, crazy challenge

7. He says we should think about something we've always wanted to try, and \_\_\_\_\_.

guarantee that the next thirty days will pass, whether we like it or not

give it a shot - give it a try

### Listening for specific information

A few years ago, I felt like I was stuck in a ( **hut** - **root** - **rut** ), so I decided to follow in the footsteps of the great American philosopher, Morgan Spurlock, and try something new for 30 days.

The idea is actually( **really- gitty- pretty**) simple. Think about something you've always wanted to add to your life and try it for the next 30 days. It turns ( **at- off - out**) 30 days is just about the right amount of time to add a new habit or ( **distract- detract - subtract**) a habit -- like watching the news -- from your life.

There's a few things I learned while doing these 30- day challenges. The first was, instead of the months ( **dying - flying - defying** ) by, forgotten, the time was much more memorable. This was part of a challenge I did to take a picture every day for a month. And I remember exactly where I was and what I was doing that day. I also noticed that as I started to do more and ( **smarter - harsher -harder**) 30-day challenges, my self- confidence grew. I went from desk-dwelling computer nerd to the kind of guy who ( **hikes - bikes - pikes** ) to work. For fun!

Even last year, I ( **headed up - held up - ended up**) hiking up Mt. Kilimanjaro, the highest mountain in Africa. I would never have been that adventurous before I started my 30-day challenges.

#### WHAT'S THE WORD?

I also ..... out that if you really want something badly enough, you can do anything for 30 days. Have you ever wanted to write a novel? Every November, tens of thousands of people try to write their own .....-word novel, from scratch, in 30 days. It turns out, all you have to do is write 1,667 words a day for a month. So I did. By the way, the secret is not to go to sleep until you've written your words for the day. You might be sleep-....., but you'll finish your novel. Now is my book the next great American novel? No. I wrote it in a month. It's awful.

..... for the rest of my life, if I meet John Hodgman at a TED party, I don't have to say, "I'm a computer scientist." No, no, if I want to, I can say, "I'm a novelist."

So here's one last thing I'd like to mention. I learned that when I made small, ..... changes, things I could keep doing, they were more likely to ..... There's nothing wrong with big, crazy challenges. In fact, they're a ..... of fun. But they're less likely to stick. When I gave up sugar for 30 days, day 31 looked like this.

So here's my question to you: What are you waiting for? I guarantee you the next 30 days are going to pass whether you like it or not, so why not think about something you have always wanted to try and ..... it a shot! For the next 30 days.